



TSM PRO SOCCER SUMMER CAMP INFO

From July 8 - July 13, 2021, the successful TSM PRO Soccer Camp will be organized by SPORTCAMP!

Age Categories:

Athletes (Boys and Girls) born between 2003 and 2014

Coaches:

1. Roger Bongaerts: Founder of the TOTAL SOCCER METHOD while at the same time owning UEFA A PRO. He is the technical director of the academies of the Dutch team VVV-Venlo, as well as PSV Eindhoven and Arsenal FC at the past.
2. Petrou Socrates: TSM representative in Greece, former professional football player in Greek 1st Division, and holder of a UEFA C License
3. Pelekis Charalampos: TSM representative in Greece, Physical Instructor with MSc in Sport Management and holder of an UEFA B' License
4. Greek UEFA Licensed coaches of all over Greece

Benefits of Participants:

The camp is addressed to male and female soccer athletes that wish to improve their individual and team technique and tactics. Furthermore, the camp aims to improve the tactical training and the athletic skills of all participants in order to meet the demands of modern soccer!

Description:

The TSM PRO Soccer Camp is designed and implemented in cooperation with TOTAL SOCCER METHOD, the SOCCER STARS Football school and HFF certified coaches. It is an intensive six-day training program, with a personalized coaching intervention focused on the individual characteristics of each player in the Camp.



Includes targeted personal training courses, mini football tournaments, 1v1 to 4v4 in racing situations, athletic Yoga and program of muscle strengthening and fitness enhancement with modern training.

The camp focuses on all aspects of football training, guidance and development. This unique camp is assisted by Roger Bongaerts, the founder and Head coach of TOTAL SOCCER METHOD, head of VVV-Venlo academies and professor of coaching at KNVB (Royal Dutch Football Association).

Indicative Program:

8.15 Light Breakfast

9.00-10.30 Morning training

10.45 Brunch

11.00-12.30 Theory (Nutrition, Player LS etc)

12.30 Pool

15.00 Lunch

15.30-17.00 Lunch break

17.00-18.00 Outdoor Activity (Wall climbing, Archery etc)

18.00-19.30 Afternoon Training

20.00 Dinner

20.45 Evening Entertainment (Dance, Karaoke etc)

22.15 Evening Rest

Gifts / Prizes:

Sport Training Kit, Participation Diploma and Evaluation Sheet